

CEUs and Professional Development Credits

(credits pending)

trainings sponsored by make a sound choice, a relationship education program of FirstChoice Clinic and funded by a Community Based Abstinence Education (cbae) Grant and North Dakota Title V, Section 510 Abstinence Education Program, administered by the North Dakota Department of Health.



choose from a number of opportunities to get certified

jamestown //// 7-8 Dec.06 ////
Jamestown College, Heritage Room

devils lake //// 18-19 Jan.07 ////
Lake Regional College, Chautauqua Gallery

wahpeton //// 8-9 Feb.07 ////
ND State College of Science, Plains Room

bismarck //// 8-9 Mar.07 ////
Bismarck State College, Prairie Room

minot //// 19-20 Apr.07 ////
[location TBA]

dickinson //// 7-8 Jun.07 ////
[location TBA]

fargo //// 16-17 Aug.07 ////
[location TBA]

all trainings listed in this brochure and materials used at the training comply with the following a-h guidelines

Section 912 –Abstinence Education—of the Welfare Reform Act of 1996 amends Title V of the Social Security Act including: “SEPARATE PROGRAM FOR ABSTINENCE EDUCATION “Sec.510. (b)(1) The purpose of an allotment under subsection (a) to a State is to enable the State to provide abstinence education, and at the option of the State, where appropriate, mentoring, counseling, and adult supervision to promote abstinence from sexual activity, with a focus on those groups which are most likely to bear children out-of-wedlock.” (2) For purposes of this section, the term ‘abstinence education’ means an educational or motivational program which –

(A) Has as its exclusive purpose, teaching the social, psychological, and health gains to be realized by abstaining from sexual activity;

(B) Teaches abstinence from sexual activity outside marriage as the expected standard for all school age children;

(C) Teaches that abstinence from sexual activity is the only certain way to avoid out-of-wedlock pregnancy, sexually transmitted diseases, and other associated health problems;

(D) Teaches that a mutually faithful monogamous relationship in context of marriage is the expected standard of human sexual activity;

(E) Teaches that sexual activity outside of the context of marriage is likely to have harmful psychological and physical effects;

(F) Teaches that bearing children out-of-wedlock is likely to have harmful consequences for the child, the child’s parents, and society;

(G) Teaches young people how to reject sexual advances and how alcohol and drug use increases vulnerability to sexual advances; and

(H) Teaches the importance of attaining self-sufficiency before engaging in sexual activity.

make a sound choice
a relationship education program of
FIRSTCHOICE CLINIC, FARGO, ND
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FARGO, NORTH DAKOTA 58103

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a relationship education program of
FIRSTCHOICE CLINIC, FARGO, ND




A FEDERALLY-FUNDED ABSTINENCE UNTIL
MARRIAGE EDUCATION PROGRAM

trainers

tim mosser


B.S., M.S., S.O.A.R.
College Professor and Coach



In 1995, Tim Mosser founded SOAR, Students Owning and Accepting Responsibility, a nonprofit organization dedicated to helping youth and young adults make empowering choices and avoid high-risk behaviors. Tim has spoken to thousands of young people and parents in our region. Tim is a mathematics professor and head women's volleyball coach at Concordia College, Moorhead, MN.

kay kiefer


RN, FIRSTCHOICE CLINIC



Kay Kiefer has over 10 years of experience working with youth in areas of adolescent sexuality and youth development. She has implemented the MSC program in residential facilities in the Fargo-Moorhead area for high-risk youth and has served as an abstinence educator at health fairs, student assemblies, and parent fairs. She oversees the development of curriculum for the MSC regional abstinence trainings.

angela hill


ABSTINENCE EDUCATOR AND SPEAKER



Angela has spoken to over 50,000 youth and adults the past 5 years for Make a Sound Choice. She will be a guest presenter at several of the certification trainings.

lori thompson

M.A., ENVISION ASSOCIATES




Program Evaluator and Doctoral Candidate

Envision Associates is a professional service organization, dedicated to supporting educational, community service, and other non-profit organizations. Ms. Thompson works nationally on projects involving families, children and youth. She has an MA in Community Health Administration and is working on a Ph.D. in Education with an emphasis on assessment, evaluation, research, and institutional analysis.

vicki larson

B.S., FIRSTCHOICE CLINIC



MSC Project Director

Vicki Larson has been the director of education for Make a Sound Choice (MSC) since 2001. MSC has received national recognition and has collaborated with many national and local organizations to present positive relationship education to youth and young adults throughout North Dakota and western Minnesota.

who should attend?

Teachers, Medical Professionals, Parents, Youth Serving Agency Personnel, Health and Human Service Providers, Counselors as well as Faith Leaders

why attend?

The purpose of this statewide initiative, sponsored by FirstChoice Clinic and Make a Sound Choice (MSC), is to certify abstinence educators to teach young people, ages 12-18, about abstinence until marriage and to help create an environment within communities that supports young people's decisions to postpone sexual activity.

MSC recognizes that there are many young people in our communities, empowered by positive relationships with parents and other concerned adults, who are making good choices every day. MSC affirms the choices of these young people who are avoiding risk behaviors – while also encouraging those who have participated in risk behaviors to avoid them in the future.

objectives:

- /// Define abstinence until marriage education
- /// Explain emotional and physical benefits of delaying sexual involvement until marriage
- /// Equip youth with skills and knowledge for healthy relationships and marriage
- /// Implement abstinence until marriage education with parents, schools and communities

what can i expect once certified?

A \$150 stipend* will be provided to each educator who attends the training, passes the certification test and agrees to implement the MSC materials with youth and parents in their respective communities.

**To be eligible for \$150 stipend, you must be working with North Dakota 12-18 year olds.*

questions?

e-mail [makeasoundchoice](mailto:makeasoundchoice@makeasoundchoice.com)
info@makeasoundchoice.com
or call
701.297.7548
web site
www.makeasoundchoice.com

agenda

THURSDAY EVENING -AWARENESS PLATFORM I

- 4:30 ///// Registration, Welcome and Buffet Supper
- 5:15 ///// The Big Picture – National and Regional Overview *presented by Kay Kiefer*
- 5:30 ///// Abstinence Education Defined – A-H Criteria *presented by Kay Kiefer*
- 6:00 ///// Emotional & Physical Benefits of Delaying Sexual Involvement *presented by Tim Mosser*
- 8:00 ///// Steps to Bonding – Brain Chemistry and Development *presented by Tim Mosser*
- 9:00 ///// Break for the evening

FRIDAY MORNING – AWARENESS PLATFORM II

- 8:30 ///// Continental Breakfast
- 9:00 ///// Media, Pornography and Cyberspace *presented by Tim Mosser*
- 10:30 ///// Break
- 10:45 ///// Fatherhood and Marriage *presented by Tim Mosser*
- Noon ///// Working Lunch - Self Control Video

FRIDAY AFTERNOON – CALL TO ACTION

- 1:00 ///// Self Esteem *presented by Tim Mosser*
- 1:45 ///// Organizing Community Support and Parental Involvement *presented by Kay Kiefer*
- 2:30 ///// Break
- 2:45 ///// Implementing the Make a Sound Choice Program *presented by MSC Staff and Lori Thompson*
- 4:00 ///// Certification Test
- 4:45 ///// Exit Survey and Conclusion
- 5:00 ///// Dismissal

healthy choices for bright futures

ABSTINENCE CERTIFICATION TRAINING

registration

SPACE IS LIMITED – SO REGISTER EARLY!

NAME

ADDRESS

CITY

STATE

ZIP

PHONE #

EMAIL

which training will you attend?

- ☐ jamestown / 7-8 Dec.06 / Jamestown College, Heritage Room
- ☐ devils lake / 18-19 Jan.07 / Lake Regional College, Chautauqua Gallery
- ☐ wahpeton / 8-9 Feb.07 / ND State College of Science, Plains Room
- ☐ bismarck / 8-9 Mar.07 / Bismarck State College, Prairie Room
- ☐ minot / 19-20 Apr.07 / [location TBA]
- ☐ dickinson / 7-8 Jun.07 / [location TBA]
- ☐ fargo / 16-17 Aug.07 / [location TBA]

CHECK IF YOU WILL BE APPLYING FOR EITHER OF THE FOLLOWING: *(Pay and register day of workshop)*

- ☐ 11 Social Work, Nursing and Counseling Contact Hours *(credit pending)*
- ☐ 1 Professional Development Credit *(credit pending)*

send

- ☐ COMPLETED REGISTRATION FORM
- ☐ \$50 CHECK* PAYABLE TO MAKE A SOUND CHOICE
**((\$50 check is a deposit; it will be refunded when you attend the training.)
NOTE: For those not from ND and/or not working with ND 12 -18 year olds, the \$50 will be used for materials and meals*

to

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SUITE 211
FARGO, NORTH DAKOTA 58103